

### Abstract

The disclosure is of a combination of lactic acid bacteria comprising: (a) a first component consisting of at least one strain of  $H_2O_2$ -producing lactic acid bacteria; and (b) a second component consisting of at least one strain of arginine-utilizing lactic acid bacteria. The disclosure is also of the use of this combination for making a food supplement, a hygiene product or a pharmaceutical preparation for the prevention and/or treatment of infections and inflammatory conditions caused by bacteria, viruses or fungi, especially in the mouth, vagina, urethra, nose, eyes and ears.

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